

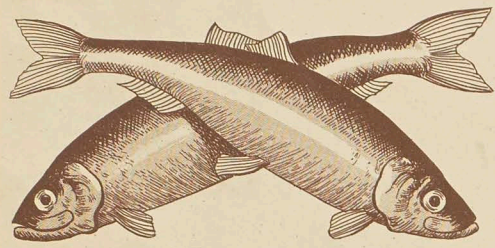
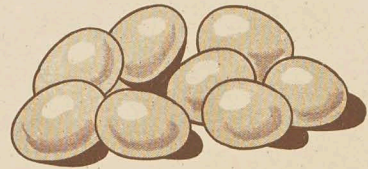
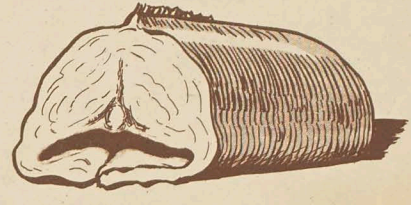
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# ENERGY VALUE OF THE HERRING

COMPARED WITH OTHER FOODS

1lb. of HERRINGS	1lb. of MEAT	1lb. of EGGS	1lb. of MILK	1lb. of CODFISH
				
755 CALORIES	685 CALORIES	635 CALORIES	310 CALORIES	220 CALORIES

ISSUED BY THE <sup>Gt. Brit</sup> HERRING INDUSTRY BOARD